

MEN'S HEALTH



Solutions for ED

INNOVATIVE MEDICAL ASSOCIATES

**Men often come to us for help with erectile dysfunction.
But that is not always the actual problem.
ED is very often a symptom.**

How did we become so mono-focused in men's health that we only talk about erectile dysfunction as it relates to the blood flow to the penis?

A man is more than his penis.

We address more than a myopic viewpoint of ED.

Urologists tend to focus only on this one area, but physicians and patients need to think more globally about the health of the body overall when addressing this particular issue.

In 2025, Johns Hopkins University predicts ED will affect approximately 322 million men worldwide stating:

“In the past, erectile dysfunction was commonly believed to be caused by psychological problems.

It is now known that, for most men, erectile dysfunction is caused by physical problems, usually related to the blood supply of the penis.”

Eighty percent of men with ED have comorbidities like diabetes or cardiac implications, including high blood pressure or cholesterol.

ED is more than just genitalia.

**Improving blood flow systemically
can help these problems overall.**

**The goal of hydration therapy is
to induce change on a cellular level.**

My goal is to maximize cellular energy and vitality, so the body can obtain or maintain a state of homeostasis. This is a key component to positive outcomes for every health issue, anomaly, or diagnosis that we treat.

It is also true that ED may be related to low levels of testosterone, especially as men age.

They may be experiencing what is known as “andropause”, producing less sexual hormones much like women in menopause.

Sure, we can treat these types of issues with bioidentical hormones, but they must be used very consciously and carefully. We should not just treat hot flashes for women or ED for men. Biochemical imbalance elsewhere in the body can adversely affect those hormone levels too. That is more likely where the bigger and better answers lie when seeking solutions for ED.

**We have developed a wonderful program
at our clinic designed specifically for men.**

We take a health history, do a physical examination, as well as look at the blood to see what is going on in the body well beyond an ultrasound alone.

We need to look at everything like we do with every patient. These men are often stressed from work, middle aged, overweight, and perhaps employ bad lifestyle habits. Generally, a lack of blood flow in aging vessels does not just affect the penis; it affects every part of them.

Poor nutrition can adversely influence cholesterol and alpha protein levels, which may also be associated with the problem. It all relates back to the cardiac output. Vitamins, minerals, proteins, and amino acids are key ingredients for good cellular health. Their benefits are best derived from proper dosage, synergistic use and absorption.

Hydration is a superior delivery method for these purposes. Continued hydration may sometimes lead to changes within weeks, but significant, longer-term results will take more time. We are not changing just one thing; we are changing patterns of many things within several cells at once.

**Excerpt: God's Ingredients Too: My Thirty-Year Journey in IV Nutritional Medicine*

There are television and radio commercials advertising the benefits of *acoustic wave treatments* for ED. Basically, an acoustic wave machine emits non-invasive, low-intensity wavelengths to cause the vessels to open, bringing more blood flow to the area. We have the Mercedes of this machine in our office, which sounds almost like a CT scanner. It emits shockwaves that go to work on the shaft, breaking down old blood vessels, plaque, scar tissue, etc. It works, but it may not produce most optimal results on its own. In my opinion, it only addresses half the battle.

The other half of the battle is to increase the body's blood flow overall, which is the primary function necessary to initiate and sustain an erection. We believe a systemic approach is needed to ensure long-term results. It takes approximately one hundred thirty milliliters of blood to keep the penis hard. That equates to about four full shot glasses or approximately two-thirds of a measuring cup. That blood must flow into the penis at a particular speed and vessel expansion rate to effectively create and maintain the erection. This speed and expansion are provided by a chemical reaction in the brain that spurs the output from the heart toward the genital area.

Chelation is a hydration modality that clears the body's circulatory channels so this process can more easily occur. We think chelation is key to gaining speed and expansion because it can improve blood flow by 12% of the body surface from head to toe. In terms of cardiac output, this is a big outcome. There should be enough blood flow to carry nutrients to the brain, as well as to the brawn. We want to ensure that blood flow is going through the entire arterial and venous systems as is most appropriate per patient. Chelation can also improve a patient's blood pressure and overall circulation because it improves the entire system.

When chelation is used in conjunction with acoustic wave machine, we see amazing results.

The improvement is often quicker for patients versus those who receive acoustic wave treatments alone. The IIEF, (International Index of Erectile Dysfunction) questionnaire is a universal tool used to gauge a patient's ED symptoms. Scores indicate severe, moderate, mild-moderate, mild, or no symptoms present. A sixty-year-old single male who was shy about dating due to his inability to get an erection came to our clinic for help.

This patient's initial IIEF questionnaire revealed a severe case of ED. After only his second set of dual treatments, the patient told us he had some "feeling" in his penis again. After his fourth, he described his shaft as "woody" at times.

Upon completing ten acoustic wave treatments along with receiving the appropriate intravenous nutraceuticals, we asked the patient to fill out the IIEF questionnaire again. His score indicated only a mild case of ED remained. His confidence level that he could get an erection and keep it went from "low" to "very high" and his sexual intercourse satisfaction level went from "almost never or never" to "most times". These types of positive results are generally longer lasting because we are effectively treating underlying cardiac impediments while improving blood flow to the penis.

Aside from these treatment options, if a patient needs the little blue pill, we can give it to them along with some bioidentical testosterone. But what is the point of using only pharmaceutical intervention if we do not correct conditions that can affect the patient's overall circulation? If a man does not have the right blood flowing from his heart, he may have bigger worries than an erection in his future.

We must continue to look beyond impotence for solutions. When circulation is improved, guys feel good, they are happy. Their partners are happy. Therefore, quality of life is improved for everyone.

“Quality of life” is a very subjective term.

To me, it means we feel like we are living our lives and not just surviving another day. If someone can no longer do what they used to enjoy, they may begin to feel rather defeated. They may not all be able to do what they love as vigorously as they once did years ago, but it does not mean they should fail to enjoy a quality of life they have come to expect on a physical, mental, emotional, or spiritual level.

How well my patients have an ability to live a quality daily life is the evidence-based medicine I rely upon in my practice.

– Dr. Molly Fantasia

**Excerpt: God's Ingredients Too: My Thirty-Year Journey in IV Nutritional Medicine*

INNOVATIVE MEDICAL ASSOCIATES

Schedule your free in-office consultation
with Dr. Molly Fantasia

*Find out if our Men's Health
Program is right for YOU!*

856-489-0505

Innovative Medical Associates is a cooperative of like-minded healthcare providers working together within a medically licensed establishment. We can do anything that a primary care physician practice can do such as performing medical evaluations as well as prescribing therapies, medications, tests, and labs. The cooperative then works together as a team to create a unique comprehensive care plan for every patient. I specialize in the use of nutraceuticals, medicinally beneficial natural substances, which I refer to as "God's Ingredients." These vitamins, minerals, and other nutrients can greatly improve upon the traditional care that we or other health practitioners may provide for our patients.

Nutraceuticals are delivered via hydration therapy, which is considered the most precise and ideal delivery method for these nutrients to produce a desired outcome. This simply means using intravenous therapy to hydrate the body with nutrients. Taking nutrients orally can greatly reduce their efficacy since the body may not extract enough of the benefits that the cells need. Nutrients delivered directly to the bloodstream via hydration can better work to improve, alter, or prevent chronic symptoms, genetic dispositions, or root causes of disease.